

Common reasons to see our...

PHYSICAL THERAPISTS

- Neck pain/headaches/low back pain
- Hip or knee replacements
- Knee, ankle or foot problems
- Sprains and muscle strains
- Shoulder problems
- Stroke rehabilitation
- Arthritis
- Trouble walking
- Problems with balance
- Sports injuries
- Rehab after work injury or auto accident

OCCUPATIONAL THERAPISTS

- Elbow or wrist pain
- Hand injuries/splinting needs
- Carpal tunnel syndrome
- Tendonitis/Tenosynovitis
- Arthritis
- Stroke rehabilitation
- Problems with coordination
- Weakness
- Difficulty completing self care

SPEECH THERAPISTS

Adults

- Stroke rehabilitation
- Cognitive retraining
- Word finding problems
- Dementia
- Traumatic brain injuries
- Swallowing problems
- Voice disorders

Pediatrics

- Articulation
- Language development
- Autism
- Augmentative & alternative communication
- Stuttering
- Feeding difficulties

SPECIALTY SERVICES

- Care of lymphedema
- Oncology Rehab (Cancer Survivor Care)
- Parkinson's LSVT BIG® therapy
- Parkinson's LSVT LOUD® therapy

LSVT BIG®

Contact: Sarah Serkosky, DPT
Wayne Memorial Hospital
(570) 253-8627 or serkoskys@wmh.org

LSVT LOUD®

Contact: Heather Ceccarelli, MS, CCC-SLP
Wayne Memorial Hospital
(570) 253-7325 or ceccarellih@wmh.org

"BIG was a great program for me. I went for about five weeks, and I was able to walk the halls—and more afterwards."

--Lena Bryan, Dingman's Ferry, PA


WAYNE MEMORIAL
REHABILITATION SERVICES
Physical • Occupational • Speech Therapy

SPECIALIZED THERAPIES

Lymphedema Therapy
Oncology Rehabilitation
LSVT BIG®
LSTV LOUD®



WAYNE MEMORIAL
HEALTH SYSTEM, INC.

Wayne Memorial Hospital
601 Park Street, Honesdale PA 18431
570-253-8100 • www.wmh.org • 

REHABILITATION

for **PATIENTS** with
PARKINSON'S

*LSVT BIG® Therapy
LSVT LOUD® Therapy
Exercise programs for
patients with
Parkinson's Disease
and other
neurological conditions*



WAYNE MEMORIAL
REHABILITATION SERVICES

An Affiliate of Wayne Memorial Health System, Inc.

601 Park Street, Honesdale, PA 18431

CONNECTING COMMUNITY AND HEALTHCARE

WHAT IS LSVT BIG®?

For people with Parkinson's Disease and other neurological conditions, LSVT BIG® therapy offers clinically-proven methods for improving communication and movement. It is an exercise program aimed at enhancing speed, balance and quality of life by progressively increasing the amplitude of limb and body movements ("bigness"). It was developed specifically to address the unique movement impairments of people with Parkinson's.

HOW DOES IT WORK?

- 16 individual sessions: four 60-minute sessions per week
- High effort – multiple repetitions of whole body "BIG" functional movements.
- Progressive – moving from simple movements to more complex, functional tasks
- Continuous exercise – BIG movements are incorporated into daily situations
- Motivating – practice meaningful tasks and learn to be aware of the effort required for bigger, better movements.
- Home exercise program

POST-TRAINING

Upon completion of LSVT BIG® training, "tune-ups" are recommended every three months to sustain motivation, assure adherence to the home exercise program and increase daily functional abilities.

Research funded by the National Institute of Health has shown LSVT BIG® to improve whole body functional movements for up to three months after treatment, including:

- Faster walking with bigger steps
- Better balance
- Improved trunk rotation

What is LSVT LOUD®?

LSVT LOUD® is a voice program that focuses on one speech target with the goal of enhancing many levels of speech production, including voice, articulation and breath support. Given the simple task of THINK LOUD, this program offers clinically proven methods to improve the amplitude of the voice so patients are once again able to communicate with confidence.



HOW DOES IT WORK?

- 16 individual sessions : four 60-minute sessions per week
- High effort – multiple repetitions of speech and voice tasks including functional phrases
- Progressive – moving from a functional hierarchy of word production to phrases, sentences and conversation
- Continuous practice – THINK LOUD tasks are incorporated into daily functional situations
- Motivating – Patients practice meaningful tasks specific to them and learn to be aware of the effort required for a louder, more confident voice
- Home exercise program

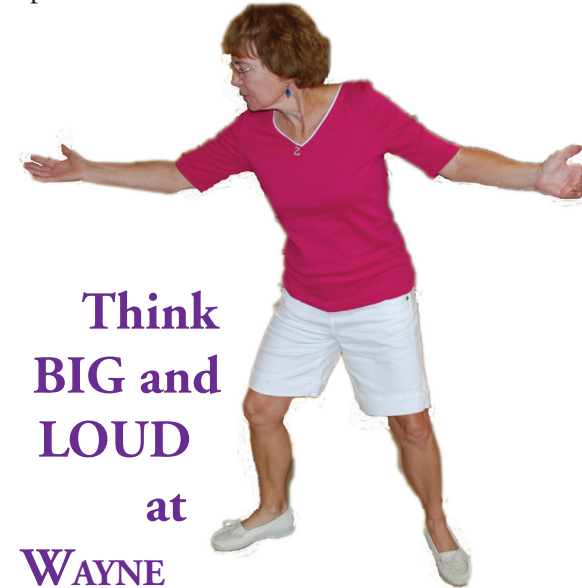
Post-TRAINING

Six months after completion of the LSVT LOUD® training, one or two "tune up" sessions may be needed.

Research also suggests that you shouldn't wait until you experience a decline in functional activity to begin an exercise program.

HOW TO GET STARTED

A referral (prescription) is required from your doctor or other primary care provider for an initial evaluation by our certified LSVT BIG® or certified LSVT LOUD® therapist.



**Think
BIG and
LOUD
at
WAYNE
MEMORIAL
REHABILITATION**



"This program is now a part of my everyday routine!" – Judy Pilny, Jeffersonville, NY .